

# WHAT ABOUT CORE?

Asymmetrical abdominal muscle morphometry is present in injury free adolescent cricket pace bowlers: A prospective observational study

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## What do we know? Core is important for better controlled movements



### WHO?

#### 28 ADOLESCENT CRICKETER

Ultrasound imaging was done on key abdominal muscles, thickness at rest and activation was measured. This was analysed with injuries sustained during the season!

#### 11 CRICKETERS WERE INJURED

38.46% when fielding.  
30.8% bowling  
8% batting.  
22.74% warm-up/training/gradual onset.



### WHAT NOW?

#### WHAT THEY DISCOVERED

Their was asymmetry in the bowlers who remained injury free.  
Players with asymmetry of the deepest core muscle were more likely to sustain injuries.  
Asymmetry of the internal obliques may protect against injuries..

#### WHAT TO DO?

Continue to strengthen the core muscles as injury prevention, as well as, improving performance!  
More research is needed for specific injury prevention programs